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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
DECEMBER 10, 1941 :  
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WASHINGTON, D. C.

### THE MARKET BASKET

by

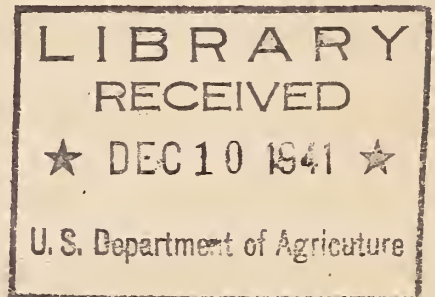
Bureau of Home Economics, U. S. Department of Agriculture

### ----- CONSERVING CLOTHING -----

"I will buy carefully.

"I will take good care of the things I have.

"I will waste nothing."



To date, nearly a million persons have indicated their support of this Consumer's Pledge for Total Defense sent out by the Consumer Division of the Office of Price Administration. Thus, have they shown their willingness to help in the total defense of democracy by conserving everyday civilian supplies, such as clothing, food, house furnishings, and equipment.

"When it comes to clothing, the three-point consumer pledge coincides with the fundamentals of wise wardrobe planning," says Ruth O'Brien, chief of the Division of Textiles and Clothing, Bureau of Home Economics, U. S. Department of Agriculture.

"When clothing purchases are well planned and each garment bought carefully," says Miss O'Brien, "a wardrobe is bound to be better assembled than when clothing is purchased haphazardly, with no thought to checking points of quality. With many kinds of clothing and textiles becoming limited because of the National Defense Program, there is more need today than ever to buy clothes that live!—substantial materials, classically simple lines, basic colors. When clothing must last longer than usual, it's best to avoid novelties that are doomed in a season or less."

First step in taking care of clothing intelligently is knowing what the fabric is made of. Methods of cleaning, pressing, removing spots, and storing vary according to the fibers in a garment.

It will help also in taking intelligent care of clothing if you know whether the color in a material is fast to light and to washing, whether and how much the garment is likely to shrink, and what special finishes, if any, have been applied to the material. Best place to find out about these points is at the store when you are buying--from labels, clerks, and store buyers.

#### WASH WOOL CAREFULLY

A wool garment needs to be handled with especial care when it is damp. Rough handling, harsh soap, sudden extremes of temperature while wool is wet cause the little scales on the surface of the wool fibers to lock into each other. This locking or "felting" results in shrinkage - makes wool "boardy." When a wool material becomes boardy, there's not much that can be done to restore it. If you try to stretch the garment back to its original shape and size after it has "felted," the fibers break into short pieces, which soon work out and weaken the cloth.

The right way to wash wool is to use warm, soft water and mild soap. Squeeze suds through cloth - don't rub. Dry in a warm place, but not near a fire or in direct sunlight. Stretch knit garments into shape while they are damp and lay them out flat to dry. Press other wool garments while they are still damp with a medium-hot iron and a pressing cloth.

#### WATCH THE IRON WHEN YOU PRESS RAYON

Some rayons are not washable at all--have to be dry cleaned. For washable rayons, use heavy lukewarm suds of neutral soaps. Do not rub. And since some types of rayon are weaker when they are wet, handle them with particular care.



Rinse in water the same temperature as the wash water to prevent shrinkage.

Dry on a clothes hanger or roll in a Turkish towel. Use a moderately warm iron. And for acetate rayons keep the temperature of the iron even lower. It's a good idea to try the temperature of the iron first on the back part of a hem or on a seam to see if it is so hot it will melt the fabric.

Rayons that are washed are likely to give more trouble in fraying and seam pulling than those that are dry cleaned. As a guard against this, look for wide seams with well-finished edges. If a garment doesn't have these, go over the seams yourself--overcast or self-stitch the seam edges. Self-stitching is merely turning the raw seam edge over once then machine stitching it.

#### COTTONS

The sensible way to clean most cottons is to wash them. Colored cottons need to be fast to washing and to sunlight if they are to be satisfactory for very long. And cottons should not shrink more than 2 percent in order to retain the fit of a garment. Look for definite facts about both these points on labels or on the bolt ends of yard goods.

If cottons are not labeled color fast to washing, they'll probably need special laundering attention. Not only are they likely to fade, but if washed in the same water with other clothes they're likely to "bleed" onto other garments. Handle non-colorfast cottons as quickly as possible in the laundry. Wash them in warm water. Never soak them. Dry them quickly.

Textile experts say there's nothing to the old custom of soaking materials in a solution of salt and water to set the color. It doesn't work; it is a waste of salt; and it is likely to soak out some of the color.

## STITCH IN TIME

In many a modern home, women are re-learning the almost lost arts of patching, darning, and mending.

The secret of patching and darning successfully is to reproduce the original as nearly as possible. A darn should be smooth--the same color and weave as the rest of the garment. A patch should be matched perfectly--done smoothly and securely.

Necessary materials for patching and darning are different sizes of fine needles and a variety of colors and sizes of threads in the sewing basket. Save all scraps of materials left over when you make clothes at home--or when you have readymades altered. These scraps may be used for making patches--or they may be raveled out to give threads that match for re-weaving.

A tiny hole may make a garment virtually useless. But if this hole is carefully rewoven, it can be invisible. Professional establishments that do this work usually ravel out yarns from material--consider all the colors in the pattern of the goods--study the weave so they can reproduce it exactly--and work with an infinite amount of patience, using a magnifying glass. Any homemaker who has the same patience can do the re-weaving herself.

A type of protective darning that can extend the life of a garment may be done by raveling out yarns from an extra piece of material--then working these into thin spots--as at the elbow.



# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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WASHINGTON, D. C.

### THE MARKET BASKET

by  
Bureau of Home Economics, U. S. Department of Agriculture

### HOME AND COMMUNITY MEAT CANNING

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★ DEC 3 1941 ★

U. S. Department of Agriculture

With the settled cold weather of December and January comes the season for home-slaughtering of meat. Next on many a farm homemaker's calendar of special events is meat canning.

This year, as a result of the Food-for-Freedom campaign announced by the U.S. Department of Agriculture in September, home meat canning takes on added importance. For this program emphasizes the value of nutritious foods grown and preserved at home as a means of improving diets the country over.

As a result of the Food-for-Freedom campaign, too, more meat canning may be done on a community basis this year. In the past, canning centers for a community have been found to be an efficient way of putting up home-grown produce for families and for schools serving lunches. This year, with canning equipment limited in many respects as a result of the defense program, community centers can be valuable in making the best use of equipment on hand.

In the following paragraphs, canning specialists of the U. S. Department of Agriculture's Bureau of Home Economics make recommendations for meat canning as of December, 1941.

### Conserving Canning Equipment

Meat cannot be canned safely unless there is a steam pressure canner available in good condition. Only with steam under pressure is it possible to get the temperatures of 240 to 250 degrees Fahrenheit needed to make sure of killing the

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organisms likely to cause spoilage.

Material most used in making steam pressure canners until recently has been aluminum, which is now a vital defense material. Therefore any homemaker who owns an aluminum canner can help by taking the best care of it. Other canners are available in enamelled steel and tinned steel.

No matter what the canner is made of--it should be washed after each use and stored where it won't be dented or surfaces roughened. If the canner is of enamel, take special precautions not to chip it. Keep the safety valve in good working order. Never let the pressure gage get under water, and keep the opening to it clean with a toothpick.

Check the pressure gage occasionally to see that it is registering correctly. If it isn't you may not be getting the temperatures you think you are getting in the canner, and consequently failures and loss of valuable food may result. Pressure gages may be checked with the help of local home demonstration agents or sent to manufacturers.

In some neighborhoods several families band together to buy a canner among them--then plan their canning so that all can use it. The community canning center carries this cooperative scheme still further by making a comparatively few canners serve many families.

Zinc, used for certain types of tops for glass jars, is another strategic material. Take special care of these zinc tops. As long as they are not dented on the edges, not misshapen, and the porcelain lining is unbroken they may be used over and over again with a new rubber each time. When you open jars with this type of lid, never pry it with a knife blade or other metal instrument. That dents the edge, and ruins the top.



### Special Tips

It is possible to can a great variety of meat products. But it is more economical of containers and equipment to can the meat alone--then combine it with other foods and seasonings when it is opened.

Some homemakers believe they are conserving jar tops when they use half-gallon jars for meat canning. In that way one top does cover twice the meat it would in a quart jar. But home economists say that it is dangerous practice to can meat at home in containers larger than a quart glass jar or a number 3 tin can.

In a larger jar or can of meat, heat penetrates so slowly that much longer processing periods are necessary--so long they are impractical for home canners. If the heat does not penetrate so that all the meat is sterilized, spoilage results and the meat is wasted.

Meat usually is precooked before it is processed. Quickest way to precook it is to heat the meat in a kettle of water or broth until the red color changes to brown. Frying is not a satisfactory way of precooking the meat. For the brown crust that tastes so good if you eat the meat right away becomes hard and dry in the can and gives the meat a disagreeable flavor.

Meat should be kept cold until it is canned. But watch it carefully to make sure it does not freeze. Frozen meat may be canned, but it is not a high quality product.

### Community Meat Canning

"Community food preservation--families getting together in a neighborly way to can, brine, preserve, or otherwise store an oversupply for a coming need is as old as America, and as new as all-out defense," according to a new handbook released last month by the U. S. Department of Agriculture.

This handbook tells how to set up a community food preservation center. It takes up all methods of food preservation, lists sources of equipment, suggests how to finance the center, and tells the kind of personnel and supervision desirable.

Surpluses of fresh foods can't wait. Therefore it is suggested that any such centers be set up before the big season of home grown plenty arrives next summer--with its planned additional 1,300,000 farm gardens. Meat canning season, which is shorter and can be regulated more easily, is a good time to establish such a center--to see how it works--and to make necessary adjustments before next summer.

For leaders in the organization of community food preservation centers this handbook is available free from the U. S. Department of Agriculture. Its title is "Food Preservation Centers," Miscellaneous Publication 472. For home meat canners, a handbook of canning procedure is also available free from the U. S. Department of Agriculture in Farmers' Bulletin 1762--"Home Canning of Fruits, Vegetables, and Meats."



# 1.9 H75M INFORMATION FOR THE PRESS

United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
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WASHINGTON, D. C.

## THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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DRY BEANS AND SOYBEANS  
GOOD LOW-COST FOOD  
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From Puget Sound to Key West--from Maine to California--there's unity of opinion that dry beans are among the best of foods.

Slow-baked white beans with salt pork and molasses are tops with the New Englander. Blackeyed beans, or "peas" as they're usually called, flavored with ham knuckle and combined with rice, are in demand south of the Mason-Dixon line. Pinto beans, seasoned with garlic and chili, are highly regarded in the States bordering on Mexico.

However, no matter what the type of bean or the flavor of the dish--you can pretty well lump all of them together as far as food value is concerned, say the nutritionists of the U. S. Department of Agriculture. They all are inexpensive energy foods. They contain proteins of fair nutritive quality. They rate high as a source of the important mineral iron--the "morale" vitamin B<sub>1</sub>.

Because dry beans consolidate all these food values in small, easy-to-keep, easy-to-ship packages, they have been sent abroad under terms of the Lend-Lease Act. They are indispensable in the diets of our own armed forces.

On the civilian front--dry beans are equally valuable--especially to homemakers operating on modest food budgets. The Bureau of Home Economics in its



low-cost adequate diet plans suggest that dry beans, dry peas, or peanuts be included several times a week.

As far as cooking is concerned--dry beans may all be treated alike. And although a recipe may call for one type of bean, usually almost any other variety may be substituted.

Here are the rules for successful bean cookery, given by the home economists in the Department of Agriculture.

Soak beans before you cook them overnight or at least 5 or 6 hours. 1 cup dry beans will yield from 2 to 3 cups cooked beans.

To get the most food value from beans, use the soaking water for cooking. If your family objects to the too-strong flavor of beans cooked this way, however, use fresh water for cooking.

Use soft water if you can. Hard water toughens the bean skins. Never use soda to cook beans. This destroys the valuable vitamin B<sub>1</sub> as well as some of the other vitamins present in smaller amounts in the beans.

Cook beans slowly. Simmer them on top the stove. Use a slow oven (around 250° F.) for baked beans. Watch them carefully as they cook and keep adding more liquid.

Season beans with something salt, sour, fresh, crisp, or bright and spicy. Beans are bland and they combine well with crisp bacon, ham knuckle, salt pork, chili, a dash of lemon juice, onion, tomatoes or hot tomato sauce.

Since beans are such good energy foods they are especially adapted to filling main dishes. For a spicy bean stew--cook 1 1/2 cups dry beans tender. Brown 1/2 cup chopped onion in salt pork fat, add 1/2 pound ground lean meat, stir, and

cook slowly for 5 minutes. Combine meat, onion, salt pork, and 3 cups of canned tomatoes with the cooked beans. Add salt and pepper to taste and simmer until meat is tender and the flavors well blended. This recipe will serve six.

Hot bean salad is an excellent way to use cooked beans on hand. This dish is a salad "in name only," however, because it is filling enough for a main dish. Cut strips of bacon or salt pork into half inch pieces and fry them to a light brown. Add 2/3 cup of chopped onion and brown lightly. Add 6 cups baked or boiled beans, 1 teaspoon of mustard, 1/2 cup of vinegar, 1/2 cup of water, and a dash of pepper. Simmer until the beans absorb the vinegar and water. Serve hot.

An extra good hearty sandwich for the lunch pail may be made from baked beans--well-seasoned. For seasoning use plenty of minced onion, catsup, and moisten with salad dressing. Or use chopped peanuts for flavor and texture contrast.

#### SOYBEANS

In a class by themselves are the up-and-coming soybeans. Soybeans have all the food values of dry beans--except they're lower in carbohydrates--higher in proteins and fat. And their protein is of a quality that nearly matches the most efficient proteins in milk, eggs, cheese, and meat.

Up until a few years ago--about the only soybeans available were the varieties grown commonly for hay or seed. Although these are edible--they are not generally as satisfactory as the special table varieties. Certain varieties classified as "vegetable" varieties can be more highly recommended for table purposes because they rate high as a succulent green vegetable--considered by many in a class with fresh lima beans or green peas.

All vegetable varieties can be eaten in the green stage, but only the

yellow-seeded varieties of this group, which cook more easily and have a better flavor than the forage and grain varieties, are desirable to cook in dry form.

Colleges of Agriculture in most States can furnish information as to the varieties of soybeans suitable to different localities--those most satisfactory for use as green soybeans--those best for use as dry soybeans.

Soybeans are on the "more" list in the Food-for-Freedom agricultural goals for 1942 because they are an important source of vegetable oil--much needed now. Soybeans also have been sent abroad under terms of the Lend-Lease Act--some of them as beans--some of them as soya flour.

As far as homemakers are concerned, soybeans so far are not generally available over the country in grocery stores. Many farm gardens have planted experimental plots of them in the past few years--used them in both green and dry form.

Dry soybeans are cooked and served in much the same way as dry beans--except that some varieties may need longer cooking.



# INFORMATION FOR THE PRESS

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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### GOOD NEIGHBOR FOODS

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★ DEC 24 1941 ★

U. S. Department of Agriculture

From the countries of South America--Central America--and the islands of the Caribbean--come foodstuffs that nourish, cheer, and delight us.

In fact, many of the foods that add zest to our diets and which we originally got from the Spice Islands of the Pacific or other far-a-way places, now come to us from our own good neighbors to the South. Fortunately for consumers in the United States, there's no staple food and practically no food delicacy that cannot be grown somewhere between our own northern boundary and the tip of South America's Cape Horn.

For years we have counted on the other Western Hemisphere republics as our main source of many foods that need a tropical or subtropical climate. Now that trade from the Eastern hemisphere is curtailed, we look southward for increasing amounts of other foods that we have been getting from places now inaccessible.

The coffee you had this morning came from one or more of our good neighbor countries--and there's plenty more where that came from. For most of the world's coffee is grown in South America, Central America, and the Caribbean islands. Brazil is by far the largest producer.

Apparently the United States is second to none when it comes to loyalty to a favorite beverage. For we drink nearly half of the coffee consumed in the world. The growth of the coffee industry has paralleled the growth of the United States.

In your one cup of coffee may be varieties from several different countries; although brands of coffee today may contain a single variety, more often they are blends of two or more kinds.

Coffee experts say that the secret of the perfect cup is to get a kind you like freshly roasted and ground, then make it up carefully. Much coffee is ruined every year, they say, because cooks try to regulate the strength or weakness of coffee by length of cooking time. Correct way to get strong coffee is to use a stronger blend or to use more coffee. Brewing too long brings out a bitter flavor.

As you munch your Christmas chocolates you can think the happy thought that supplies of cocoa in this hemisphere are ample. According to history, cocoa is one of the foods that America gave to the world. Long before white men enjoyed it, the Aztec Indians were using cocoa in numerous combinations. One of their favorite strengthening drinks, it is told, was made from ground cocoa beans and ground corn--with pepper, chili, spices for flavor--beaten together and taken cold. Tropical Brazil, the Dominican Republic, Ecuador, and Venezuela are leading cocoa producers of the Western hemisphere.

Sugar is the second most valuable export that the Western Hemisphere Republics send to the United States. It is runner-up to coffee. Ordinarily we in continental United States grow about one third of our own sugar--and depend upon our insular areas and the Latin American countries, chiefly Cuba, for the rest.

If you take vanilla, you may be reassured to know that we have one of the world's large vanilla-producing areas as a next-door neighbor in Mexico. In fact it was in Mexico that man first met this most useful member of the orchid family.

Of all the tropical fruits, the favorite in the United States is the



banana. We eat them the year round--and the year round they come to us mostly from Mexico, Central America, and Cuba.

Although coconuts are grown most extensively in the Eastern hemisphere--we have many producing areas in this half of the world, too. Our best sources in this hemisphere are either in the Caribbean or in Central America. Pineapple, another favorite fruit from the islands of the Pacific, also grows in the countries to the south--mainly in Cuba and Mexico.

From our good neighbor countries we also import varying quantities of tapioca flour, cashew nuts, molasses, dry vegetables, grapes, peaches, pears, plums, and melons. Because South America's seasons are just the reverse of ours--many of our winter fresh fruits come from there.

Among the spices and flavorings we get from the countries of South America, Central America, and the islands of the Caribbean are allspice, sesame seed, anise seed, aloes, tonka beans. From tonka beans comes the extract of coumarine used as a basis for imitation vanilla and numerous other flavorings.

Climatic conditions in parts of many of the countries to the South are much the same as those in the islands where most of our spices grow now. If necessary, practically any spice can be grown somewhere in the Western hemisphere. The United States Department of Agriculture in cooperation with the Office of the Coordinator of Inter-American Affairs has already taken steps to stimulate the production of some spices and flavorings as well as other food materials in the Latin-American countries.

This is a part of a long-time program to develop trade between our good neighbor countries and ourselves by encouraging them to grow foods which we cannot grow in the United States economically--which we have not the climate to grow--or which we cannot grow in sufficient quantities.





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# INFORMATION FOR THE PRESS

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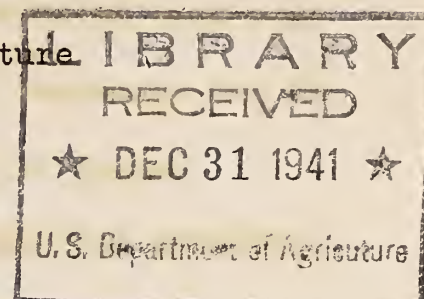
### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### 1941 HEADLINES IN THE WORLD OF FOOD

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There was never a year like it in nutrition history.

For in 1941, many a world event struck home to us the fact that good nutrition is one of the foundations of a strong nation. We saw the science of nutrition—a baby in World War I—used in the present hostilities both as a weapon of defense and a weapon of offense.

Headline news stories demonstrated that soldiers and civilians need well-balanced meals to be strong in body, sound in mind, and high in morale—that diets lacking in one or two vital food values can subdue a populace almost as effectively as famine.

First food headline of paramount importance this year was "LEND-LEASE BILL BECOMES LAW," March, 1941.

Passage of this bill made it possible for the President of the United States to lend or lease war materials to Great Britain to aid the fight against the totalitarian powers. Among war materials was food.

With shipping space at a premium and the nation fighting for its life, the first requirement of all food sent to Britain was that it be a concentrated form of needed nourishment. Between April 29, 1941 and November 1, 1941, two thirds of all the food delivered at ship side for shipment to Britain were dairy products, eggs, or meats. These are the foods Great Britain needs to balance her diet



nutritionally. They furnish the proteins, certain minerals, and certain vitamins needed to round out the food she can provide for herself.

The milk was sent either in evaporated or dried form to be used in such ways that Britain's own fresh milk supply could be reserved for children under 12 and expectant and nursing mothers.

Second big food headline of the year--"NATIONAL NUTRITION CONFERENCE ANNOUNCES NATIONAL NUTRITION YARDSTICK," May, 1941.

A news-making event in itself was the National Nutrition Conference for Defense. It was called by President Roosevelt in Washington, D. C. in order to find what could be done to improve the Nation's nutrition--to make everyone strong and fit and ready for whatever lay ahead.

To the conference came 900 leaders in different fields of nutrition representing the whole United States. In the three-day sessions, the conference discussed problems--formed plans to overcome national diet deficiencies. The program outlined at that conference is now being carried out by smaller committees in States, cities, counties, rural communities.

But while the conference itself made news--the National Nutrition Yardstick announced by that conference made history. For the first time, all nutrition workers in the United States had one definite high goal at which to aim in diet planning.

The yardstick--a table of daily allowances of various food values for persons in normal health--was formulated after much study and discussion by top-notch nutritionists. It was based on all the facts that laboratory research and human experience had shown about the foods human beings need for good health.

It is on this yardstick that countless menu plans, marketing lists, rules of cooking, and the like are being based now throughout the country.



Third big food headline of the year--"FOOD-FOR-FREEDOM GOALS FOR 1942 ANNOUNCED," September, 1941.

Enough food for us and enough to help feed the nations resisting the aggressors--that is a summary of the food goals announced by Secretary of Agriculture Claude R. Wickard in September.

The goals called for more milk for cheese, evaporated milk, and dried milk; more hogs for meat and lard; more chickens for meat and eggs; more vegetables for canning; more soybeans and peanuts for oil. Downward went the goal for wheat. Cotton and tobacco remained about the same.

The march of time and events has shown already how wise was this planning for increased food production. For, even though the food goals were set before Pearl Harbor, they still are all right for the most part. In a few cases, however, they may need to be revised upwards.

To the nutrition worker, one of the most cheering things about the Food-for-Freedom goals is that they take into account the nutrition needs of the country. This is the first time that the food people should eat from the health and nutrition angle has been considered in a national program of growing the food that they are to eat. The protective foods--milk, eggs, vegetables, are on the list partly because we in the United States would do well to eat more of them.

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